

FLOWERS AS FOOD

Blossoms that Appear on the Table

The violet pleases the palate as well as the sense of smell. A favorite sweetmeat in former days was made of the candied petals of the flower, and it is coming into favor again.

A sherbet made of extract of violets was much esteemed in the East, and Mohammed is reported to have said of it that it surpassed all other extracts. In some parts of Europe it is customary to mingle violets, roses and lime blossoms with preserves to add a flower element to the fruit flavor. In Egypt and Turkey violets are used in making sherbets as much as is employed in juleps in Kentucky.

Then there are crystallized carnations, lavender, syringa and blue and rose leaf preserve made from the petals of Turkish rose leaves.

When one wishes to make a delicious orange flower candy or conserves the tiny bitter embryo orange is picked from the blossom's centre. Besides the soothing potion distilled from orange blossoms and known as orange flower water a syrup is made by boiling the flowers with sugar. A little of this syrup stirred in cold water makes a refreshing summer drink, while orange flower syrup poured over battercakes is delicious.

In this country floral sandwiches are generally made of nasturtiums, probably the most useful edible flower that grows here. Its young leaves, seed pods and stems, with or without the flowers, form appetizing salads and add to the piquancy of sauces, gravies, meat dishes, salads made of potatoes or herbs and pickles. In England the housewife often serves sandwiches made of finely chopped spear-mint spread between thin slices of buttered bread with salads or cheese. She also makes wine by mixing cowslip pills with sweetbrier, strawberry leaves, dill, a few tips of thyme, honey and water, and boiling and fermenting this with yeast.

The unopened flowers of the globe artichoke, one of the thistles, appear on the table as a vegetable. If they are left on the plant they open out into handsome purple blossoms. Another food flower is the cauliflower, which Dr. Johnson is said to have called the finest flower in the garden. This is truly a flower that is eaten, for the snowy vegetables served at the table are the unexpanded flowers of a variety of cabbage.

The caper is another familiar flower which is eaten, being the unopened flowers of a spring brambly shrub of the Mediterranean region. This trailing plant has handsome pinkish white flowers with long tassels of stamens. The youngest and tenderest buds from the finest capers are known as nonpareil. As they grow larger and nearer flowering they become superfine, capucin and capot capers.

The tuber of the dahlia is an excellent article of food, albeit somewhat acid, which is liked by the Mexicans, and is also eaten by the French. It was introduced into Europe for the purely commercial purpose of supplanting or supplementing the potato. It did not catch on as food, but the gardeners perceived the possibilities of the flower and proceeded to produce the double dahlia and other novelties.

The dandelion makes a wine, while the leaves form the finest kind of greens when boiled. Elderberry blossoms make a white wine, the berry makes a blue wine, while elderberry tea was well known to our grandmothers.

The delicious flavor of many meat dishes and croquettes is due to the fact that the lard in which they have been fried has first been saturated with spicy herbs and blossoms, such as sweet basil flowers, lemon verbena, dill, mint, tarragon and sweet bay leaves.

The nettle has ceased to be an article of diet because unpleasant results follow the plucking of the blossoming sprays. Thistles, however, because of their agreeable flavor and nutritious properties, still remain in high favor with men, goats and donkeys. The young leaves, tender stems and well grown roots all serve as food, the former in a raw or cooked state and the latter always cooked. Every boy brought up in the country remembers choosing the nutritious petals of the flower.

Natives in the Northwestern States make bread from the powdered blossoms of the tulle plant, and also meal from buttercup seed, which does not seem to share the poisonous properties of the flower. Indians also concoct a thick, palatable soup from budding cattails. The embryo flower is long, tender and mucilaginous and is often served either steamed or stewed. To the northward Oregon Indians are wont to make bread and porridge of the seed of a yellow flowered crucifer, which they grind into meal.

The wild lettuce blossom is more attractive to the palate than to the eye, for together with its young leaves it forms a pleasing and nutritious article of diet, whether served as a salad or cooked as a vegetable. In the arid regions of the West grows a plant that belongs to the cross family and bears a green blossom, like a rosette, with thick, juicy leaves. This flower yields drink to the thirsty, and used as a food is of nutritive value. It is preferred in the raw state, when the addition of salad dressing is generally omitted. Indians secure some nourishment from clover blossoms.

In the Northwest and in British Columbia the freeze-dried young leaves for boiling, as well as a stalk that when opened forms a nourishing and well flavored rib that is easily scooped out and cooked.

One of the prettiest garden plants, the oxtail, is also one of the common flowers of the field. It appears as sour grass, horse sorrel and sheep sorrel, is useful in salads and as a pot herb, and is pleasant to the taste. It should, however, be eaten of sparingly, as the oxalic acid it contains has been known sometimes to poison those who indulge too freely in the dish.

Nasturtium blossoms are often eaten from the bush, while the seed pod is frequently pickled. Americans have not learned to eat the flowers of the Abutilon, which in Brazil are commonly used as vegetables. The Delaware Indians formerly cultivated that variety of milkweed which bears an orange colored flower and is known also as butterfly weed and pleurisy root. The young shoots of this plant are cooked like asparagus.

The seeds in the heart of the sunflower yield a nutritious food. In Russia from the seeds a meal is obtained that is baked for general use in the Russian army and which is said to contain great sustaining power.

In the region of Cape Colony, in South Africa, people shake the branches of the Kalihatis major and then gather up for food the blossoms that shower from them

Flowers Eaten in the East Especially

and which are filled with delicious honey. It is in Oriental countries that flowers form an important article of diet. Cloves and capers are familiar flowers that are eaten. The former are the immature blossoms of a plant of the myrtle order growing in the Moluccas. It is a beautiful evergreen tree thirty or forty feet high with crimson flowers. The buds are first light colored, then green and afterward red. At this stage they are gathered and dried. The little round knob in the centre of the clove is the unexpanded crimson blossom.

The chrysanthemum, Japan's queen of flowers, fills a useful as well as highly ornamental place in the life of that country. Chopped very fine and served with a sauce made of vinegar it forms a salad much relished by the Japanese. Another queen of flowers, the lily, contributes in a more solid form to the menu in some parts of China. Mrs. Anna Bird Bishop describes how the dried flowers of certain species of lily are eaten as a relish with meats, especially pork. At Chinkiang, on the Yangtze, these lily flowers account for nearly one-fourteenth of the value of the exports. Their flavor and fragrance are pleasant when they are cooked as a vegetable, and when dried all manner of stews and fancy dishes are seasoned with them.

Many edible flowers are to be found in India. One of the most appreciated grows on a tree named the mihowad. The natives consume an enormous number of the flowers, whose pale yellow corolla is pulpy and thick and so full of sugar that there is no need to candy it and it is eaten either fresh or dried in the sun. It is largely eaten by the natives along with rice. It is said to have a luscious but peculiar taste when fresh and to resemble in flavor inferior figs when dry. It has been reckoned that a man and his wife and three children might be supported for three or four months on the flowers of one mihowad tree.

When the flowers are fresh they are put in cakes, to which they give a sweet flavor, but they are especially used for making bread after they have been dried and reduced to flour. By allowing them to ferment an agreeable bread is produced and by distilling them a brandy is obtained of which the Hindus are very fond.

Hooker mentions two cases of flower eating in the Himalayas. The Lepchas, natives of the cabbage plant of the ginger family. They also cook and eat the flowers of a species of rhododendron. And then there is a plant which the natives call khilbi, a sort of lily of the valley. From two to five feet high, with crowded clusters of bell shaped flowers. They have discovered that the young flower heads, sheathed in tender green leaves, make an excellent vegetable. A traveller in Persia relates that the Baluchis eat the pollen bearing flowers of a certain tree.

The Pais of India make a preserve of the thick, glutinous calyx of the cotton tree, or as they call it, the pagoda tree. The Locha use a small yellow immortelle flower as food; flowers, leaves and stalks being thrown into the pot and boiled until tender.

The natives in certain parts of Egypt eat the fruit of a prickly shrub, the jubba tree. This is said to have been the lotus of ancient times. A native wine is made from the juice. Every one has heard about the delicate flavor of the cabbage plant. Another blossom that furnishes food to large sections of India and Afghanistan is that of the rhoghali. The poorer natives dry the pink, sugar filled flower and bake it into bread or cook it with butter or coconut oil. They also use the blossoms of the coral and of the shaddock in making woodroasts.

In China the young blossoms of the banana plant are picked for use upon the table, while in India other ways of preparing them are resorted to. The pollen of certain species of reed is made into bread and thus eaten both in Sindh and New Zealand. The pollen of the zago palm is also eaten.

THE UNCALCULATED DOG.

A Ball From the Blue Hits a New Stretch of Soft Sidewalk.

One can never tell from what source may come either good luck or misfortune. Here were four men laying a new concrete sidewalk in front of a new store building on a busy street and as usual putting down the concrete in lengthwise strips, a long strip at a time, so as to leave half the width of the walk open to passersby.

It is the outer line of walk, along the street, that they laid first, and now they have finished that length complete from end to end and are standing for a moment just inside its inner edge to look at it.

There it lies, a good job, level and smooth from end to end, finished and flawless, though still very soft, very soft and plastic. But they've got boards up at either end to keep people off it, and it's all right and safe, and all that is necessary now is to let it dry and harden. But a calamity is impending from a quarter not dreamed of.

Coming along the street this moment out in the roadway was a not very big, but active lively dog, a fox terrier, and when this dog had come opposite to one end of this stretch of newly laid soft sidewalk he chanced to look in toward it, and there he saw those men standing at the inner edge of it. And whether the dog was attracted by them or what drew him can never be known, but anyway the dog sheered in toward the new sidewalk and hopped on it and then began to trot briskly along it from end to end!

There were curses, maledictions and more curses from the workmen. With every hop and skip as the dog trotted briskly and good humoredly along on the soft concrete he left his footprints, but what could you do? There were too many handy and other things that might have been thrown at him, but these would only have made matters worse. They might have hit and hurt the dog, but they would have hurt the soft sidewalk more, and so all the men could do was to stand there and wave their hats at the dog and say "Shoo! Get out! Get away from there!" and that sort of thing. And finally the dog did get off the soft concrete into the roadway again, but the next instant he was back again on the new sidewalk to trot across one corner of it.

At another lively and not ill meaning dog left on that soft concrete fifty footprints, so that practically it all had to be surfaced again, all this going to show that you never can tell what's going to happen or where it's going to come from.

How Long Can a Bee Live?

From the London Express.

Thomas Burgess, superintendent of Kensington Zoo, tells a story of a bee which lived underground for seventy-five years. He says:

"While two of my men were digging a grave and when 6½ feet down from the present surface they came on the original main earth which had been covered since 1836 with earth thrown out at that date when excavating for the foundations and catacombs under our church. In throwing out a spadeful of the virgin mould under this mound it split up and broke on the board and a large bee known as the 'bumble bee' came out of the soil. The bee was found that the ground above was solid, loamy clay and 6½ feet deep, it would be impossible for a bee to get down this depth. It is possible, therefore, that this insect was covered up in 1836?"

Six Young Women to Carry Queen Mary's Train at the Coronation



LADY EILEEN BUTLER.

LADY MARY DAWSON.

LADY DOROTHY BROWNE.

LADY VICTORIA CARRINGTON.

LONDON, April 1.—Queen Mary has pleased the women of her country by choosing for her train bearers at the coronation six young girls rather than the usual pages. The pages chosen by queens in the past have been sons of dukes, earls or counts, boys from 9 to 12.

The six young women Queen Mary has selected are Lady Victoria Carrington, Lady Eileen Butler, Lady Mary Dawson, Lady Dorothy Browne, Lady Eileen Knox and Lady Eileen Butler. They are all tall and slender and are representative types

of English beauty. Lady Victoria Carrington is the youngest of the six, being just 18 and a debutante of the season. She is the daughter of Lord and Lady Carrington and was a god-daughter of Queen Victoria.

Lady Eileen Butler, though only 19, is somewhat noted as a sportswoman. She is the elder daughter of Lord and Lady Lansdowne.

Lady Dorothy Browne is the daughter of Lord and Lady Kenmare and has been one of the belles of recent seasons. She

is 23 and is the eldest of the train bearers. She is very tall, but has a graceful figure and carriage.

Lady Mary Dawson comes from the Emerald Isle and is the daughter of Lord and Lady Dartrey and a granddaughter of the famous sporting baronet Sir Charles Wombwell. She is a wholesome, attractive, outdoor kind of girl and has the Irish sense of humor and fun.

Lady Eileen Knox is the daughter of Lord and Lady Ranfurly. Her father is an Irish peer and has been a colonial Governor. When in New Zealand he made many tours and became deeply engaged in a study of the fauna of the country, a hobby in which his daughter was also keenly interested. They possess one of the few known specimens of that rare bird the southern merganser. Lord Ranfurly is a descendant of William Penn and once journeyed all the way to Pennsylvania to see the Penn Treaty Park and the statues of his ancestors.

Lady Eileen Butler is the daughter of Lord and Lady Lansdowne.

All six train bearers will wear white satin gowns and their robes and jewels. Their dresses will be made exactly alike. Queen Mary wishes them to be simply fashioned and without any of the ex-

aggerations of the present fashion. They are to be princess in style with duchess lace and chiffon as the only trimming.

There will have to be two or three rehearsals of the procession into the Abbey, and the Queen and her ladies will have to practice suiting their steps to one another, for with four canopy bearers and six train bearers, to say nothing of her heavy robes and a train several yards long, Queen Mary has not an easy walk from the door to the coronation chair. The canopy bearers are the Duchesses of Montrose,

Sutherland, Hamilton and Portland. They are to be princess in style with duchess lace and chiffon as the only trimming.

Souvenirs will be presented to all those attendants of Queen Mary. The train bearers will receive miniatures of the Queen set in pearls and the canopy bearers are to have diamond and ruby pins.

As Queen Mary is a very tall woman and her train ladies are all of average height or over, the distasteful part of the procession will be the more imposing. King George, who is shorter than his wife, will undoubtedly present a less regal appearance in the midst of his suite, which is not composed of men noticeable for height.

King George's Pages at the Coronation

LONDON, April 1.—King George has finally selected the boys who are to carry his train and attend him at the coronation. Two of them, Victor Harbord, grandson of Lord Suffolk, and Walter Campbell, son of Sir Walter Campbell, have been court pages for some time, and the others, Lord Hartington, Lord Cranborne, Lord Romilly, George Knollys and Anthony Lowther, who in time will become Lord Londsdale, will make their debuts as pages and train bearers at the coronation.

They are all handsome, well grown boys from 12 to 14. Lord Hartington is the son of the Duke of Devonshire and is the most important young person of the group. He is a picturesque lad with thick dark hair, olive skin and dark eyes,



THE KING'S PAGES AT THE CORONATION.



MASTER WALTER CAMPBELL.

and will wear his court costume of velvet coat with ruffles and jabot of rich lace, velvet knee breeches and silk stockings, patent leather slippers with buckles and three cornered hat carried under the arm.

THE ALLURING WOMAN.

Part Her Perfume, Her Gown and Her Jewels Have in Her Charm.

What makes a woman alluring? Is it a perfume, the color of her gown, the way she does her hair or just a natural charm of which she is unconscious?

"What kind of perfume would an alluring woman use?" the woman who sells the most expensive perfumes in New York city was asked. She thought a moment, then pulled the long glass stopper from a small bottle and waved it in the air.

"What is it?" asked the inquirer, puzzled.

"It is a bouquet," she replied. "That is what makes it alluring. It is exquisitely sweet and for a moment you think you are going to recognize it and then it escapes you."

with all the ease possessed by his ancestors in the time when this sort of garb was the order of the day. Personally he prefers cricket togs, for he is keen on this game and has taught his young sisters and brothers to play.

Lord Cranborne is the elder son of Lord and Lady Salisbury. He is a rosy cheeked Eton boy. Lord Romilly is one of the few peers who are minors. He inherited the title when he was little more than a baby. His father and mother both died ten or eleven years ago. He and Lord Hartington are great friends of the younger Princes and of Princess Mary, who always joins the games her brothers and their chums have in the spacious park at Windsor.

Anthony Lowther is the son of Lancelot Lowther, a personal friend of King George and Queen Mary, while George Knollys, son of Lord Knollys, belongs to a family as closely associated with the royal family

"What sort of a woman would buy it?" "Well, rather a worldly wise woman, one who would know the value of each detail in her personality. Now a modest, retiring woman generally asks for violet, and a sporting woman gets sandalwood. Jewish women buy heavy Oriental perfumes, and Anglo-Saxon women the Japanese, especially the lighter scents."

"Some women are as jealous of their perfumes as they are of their friends. They consider that a person who buys a perfume like theirs is really stealing. For that reason they buy different kinds, and mix them so that it is impossible to tell just what they use."

"You see that a woman who has a mysterious perfume is naturally more interesting than one when you can readily catalogue as of a certain type. All people are curious and it is the person who stimulates this sense who is most fascinating."

"There is a certain sentiment about an individual perfume. It will often bring up a picture of a person no matter how far away. One man received a letter in South America which still held traces of the perfume his sweetheart used and it brought her very close to him."

"Then you think an alluring woman means a fascinating one who has studied human nature and knows the value of



LORD ROMILLY.

in King Edward's reign as now. Lord Knollys was the late King's secretary and now serves King George. Miss Charlotte Knollys, his sister, is the companion and friend of Queen Alexandra. Miss Louisa Knollys was maid of honor in the last reign and various other members of the family have served at court in some capacity. No one was surprised to learn that young Knollys was to be one of the train bearers, for there could not apparently be a great occasion where English royalty figured unless a Knollys was in attendance.

Besides the King's pages a number of other boys will take part in the coronation pageant at the Abbey. Lord Eskine, son of Lord Mar and Kellie, will be the Duke of Connaught's page. The Duke of Devonshire's coronet will be borne by his younger son, Lord Charles Cavendish, and Lord Shaftesbury will have his son, Lord Ashley, to walk back

of him carrying his coronet. Lord Durham's page is his nephew, Richard Rawson, and Lord Kilmory, elder son of Lord Beauchamp, attends his father.

There will be many other children present at the coronation besides these who figure in the procession at the Abbey. The Prince of Wales and his brothers and sister are to have special places of course, though they will take no part in the ceremony. Then there are several young peers and peeresses who will be invited to the Abbey. For instance, Baroness Clifton, who is 10, is a peeress in her own right and will appear in the robes and coronet of her rank. Baroness Beaumont, who is 15, is another, while Lord Clonmore is a peer who is too young to attend the House of Lords and there-

fore cannot expect a summons to the coronation according to English custom; yet he will receive a special invitation. Some untitled children will also be lucky enough to have seats in the Abbey.

widows are considered peculiarly alluring."

"Yes, in a way it does," she affirmed. "Black demands neatness and eliminates many chances of bad selection in colors."

"Simplicity and long lines are alluring; in fact, lines which keep to the natural beauty of the figure are best. Gowns look very simple sometimes because they are well thought out and many women think that because they look so simple that they are easily made and try to copy them."

"Then an alluring gown is really the height of perfection done in an unostentatious way?"

"It is art concealed."

"This is what a jeweller said: 'You will find that the jewelry an alluring woman wears is odd—not cheap, but individual. She knows the value of those strange rings which portray a certain individuality. And so alluring women are only women after all who dare to keep their individuality.'

"Does that account for the fact that